

SHOUF TO SOUTH TRAIL NIHA - BKASSINE

TRAIL ATTRACTIONS

- / View of Jezzine Cliffs
- / Ancient Watermills
- / Roman Bridge
- / Bkassine Pine Forest

PLACES TO VISIT

- / Niha Fortress
- / Mokhales Monastery
- / Mar Elias Chapel
- / Picnic Area
- / La Maison de la Forêt Artisan shops

USEFUL CONTACTS

Al Shouf Cedar Reserve: **+961 70 793192**
Municipality of Niha: **+961 (0)5 330002**
Municipality of Bkassine: **+961 (0)7 800046**

EMERGENCY NUMBERS

Red Cross: **140**
Civil Defense: **125**
Police: **112**

CONTACT INFO

For more information or to book a guide, contact the Jezzine Region Tourism Office:
+961 (0)7 780 563
www.jezzineturism.com
Main Square, Jezzine, South Lebanon, Lebanon



This trail leads through stunning natural resources and breathtaking views to hidden historical sites. Begin your journey at the entrance of the **Al Shouf Cedar Reserve**, after a visit to the **Niha** fortress, a natural wonder dating back to 1635. From the entrance, walk about 50m along a track road towards a pine tree. Take a left, down south, on a rocky hill - in spring feast your eyes on the wild orchids and purple catmint which grow in abundance. Take in the stunning view of the dramatic cliffs and the wedge, which marks the border of the **Shouf and Jezzine regions**. Continue downhill to reach an asphalt road, take left southeast and walk for ca. 300m then head east west off track along the challenging terrain through thorny bushes - this used to be the mountain path to Jezzine when the only way to travel was by foot or horse.



Ahead is **Deir Al Mokhales**, a monastery in **Bhannine** built in 1897, now surrounded by vine and kiwi plantations, well worth a visit. Continue along an asphalt road northwards, then take a left turn east west. Go right into the wild heading north, passing vineyards, to reach a dirt track leading to the **Mar Elias chapel**. After your visit walk back to the vineyards, head down towards the Bhannine Valley - a stunning view of the pine forest awaits you. Pass a quarry and head straight along a dirt road, across a meadow, through an olive grove and over the Aaray stream to reach the welcoming shade of an oak forest. After a short walk you will reach a clearing, take a sharp right after a towering pine tree, and head down through bushes and scrubs towards a hidden **ancient watermill** on the banks of the Jezzine River.

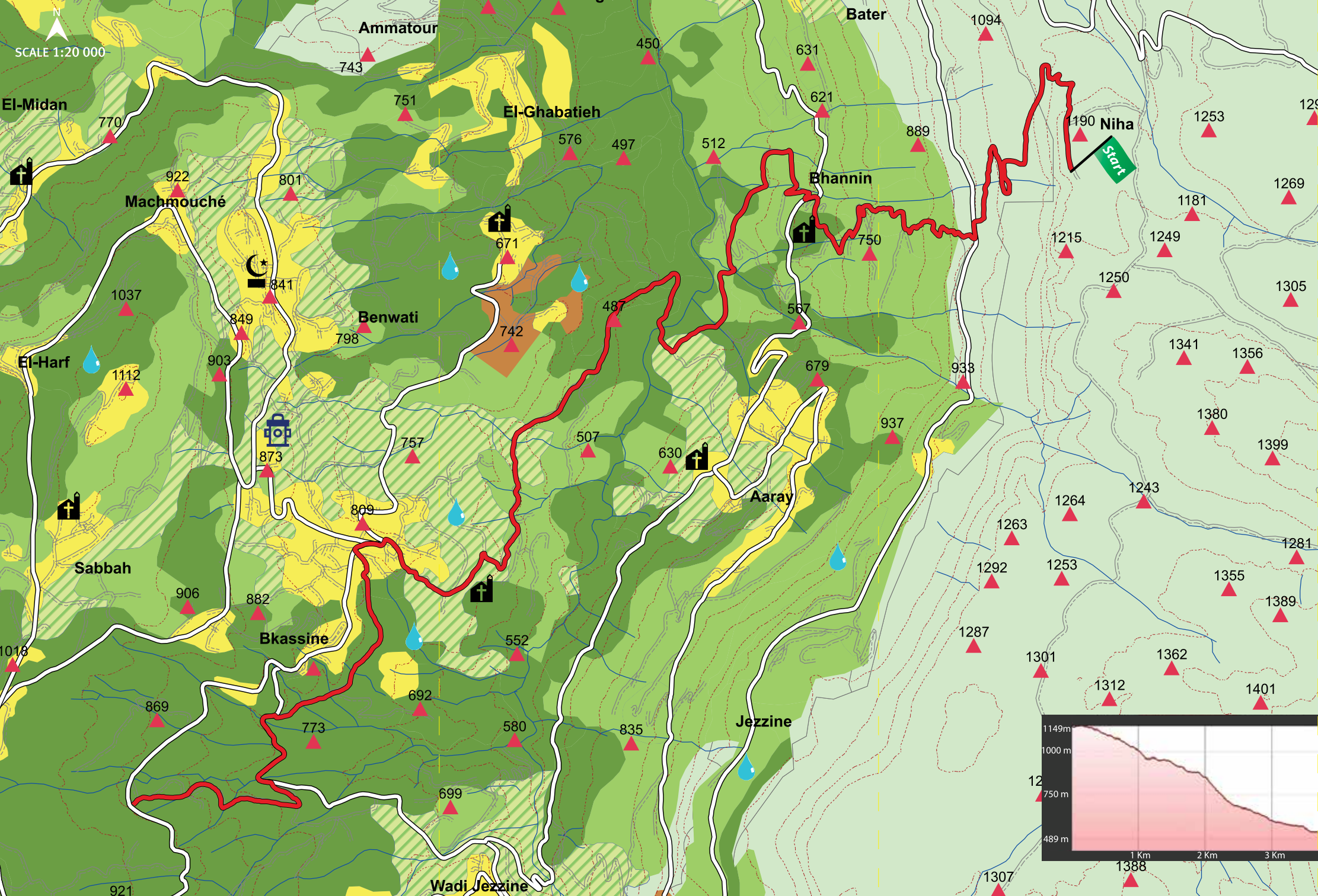


Cross over the adjacent ancient **Roman Bridge** in the footsteps of Lebanon's past traders and travelers. Head west north, staying right, to reach a dirt track. Then head up west south until the track splits, passing majestic pines and prickly cactus to the ancient stone dwellings of the village of **Kfartaala**. Head west up the track to a concrete path, take a left south along a dirt track towards a beautiful olive grove.



After a while you will reach the Joora River, cross and pass the **Abi Amin cave**, then through a canyon to a forest blanketed with ferns. Reach a concrete road, then head back up and walk through a meadow following the flow of the river. Head up north along a stone trail, a path which donkeys used to take carrying their heavy load from the mill to **Bkassine**. Reach a track road and head eastwest to a concrete road. Crossover and head up into the forest to reach the Beydar al Ramel campsite. From here, a beautiful walk through towering pines and diverse flora will lead you to the adventure park, the rustic cottages and the eatery of **La Maison de la Forêt** - the perfect place to relax after this challenging hike.

جزيين
THE
JEZZINE
REGION



MAP LEGEND

- | | | | |
|--|--------------------|--|-----------------------|
| | Church | | Saida Jezzine Highway |
| | Mosque | | Walking Trail |
| | Police Station | | Major Roads |
| | Civil Defence | | Minor Roads |
| | Hospital | | Elevation Contours |
| | Hotel | | Streams |
| | Historic Monuments | | Urban Areas |
| | Serail | | Coniferous Forests |
| | Spot Heights | | Broadleaved Forests |
| | Water Springs | | Olive Fruit Trees |
| | Trail Marker | | Vineyards |

* Trail Markers are located along the trail for Guidance

TRAIL TERRAIN

Elevation Minimum: 489 m
 Elevation Maximum: 1149 m
 Elevation Average: 746 m
 Total Distance: 9.68 Km
 Maximum Slope: 41.6% - 44.7%
 Average Slope: 12.5%, -15.7%

